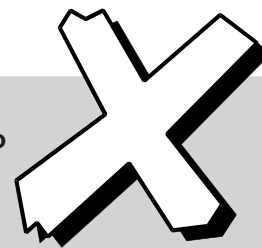


A Pre-Deployment Checklist for Couples

Preparation and communication are the keys to having a positive deployment experience. Planning ahead can prevent partners at home from feeling they have to handle it all alone and service members from worrying about things left undone. Use this checklist for discussing what you need to take care of BEFORE the deployment begins.



Practical Preparation

- ☐ Dependent ID cards (DEERS verification 1-800-538-9552)
- ☐ Vehicles
 - ☐ Insurance
 - ☐ Registration/Title
 - ☐ City sticker
 - ☐ Base sticker
 - ☐ Inspection
 - ☐ Maintenance
 - ☐ Spouse knows: Tire type and size, oil, battery type, and mechanic
- ☐ Wills
- ☐ Power of attorney
- ☐ Updated SGLI
- ☐ Updated Page 2

Financial Preparation

- ☐ Establish a spending plan
- ☐ Once-a-year expenses: personal property, insurance, etc.
- ☐ Utility bills
- ☐ Phone bills (limit on long-distance expenses)
- ☐ Credit card limits for each spouse
- ☐ Budget for gifts/souvenirs, liberty port visits
- ☐ Two separate checking accounts
- ☐ Allotments
- ☐ Direct deposit with split pay
- ☐ Establish savings accounts
- ☐ Set up emergency funds

Emergency Plans

- ☐ Know location of important papers.
- ☐ Set up a plan for emergency care for family members before a situation arises. This will be one less worry for you if an emergency should happen.
- ☐ Someone other than your spouse should have the following information about the active duty member:
Name: _____ Rate/Rank: _____
Command address: _____ SSN: _____

Coping Strategies

- ☐ Plan your days and weeks. Be in charge instead of just letting things happen to you. Alter your attitude to live life each day.
- ☐ Become aware of your support systems: family, friends, family support group, place of worship.
- ☐ Keep physically active. Exercise is a great way to chase the blues away and help you deal with stress.
- ☐ Take good care of yourself and look good.
- ☐ Learn to enjoy time alone. Get to know and appreciate yourself.
- ☐ Learn a new skill. Take a class, get a job, or go back to school.
- ☐ If you use this time wisely, you will have many positive things to talk about both during the deployment and at homecoming.

Phone Numbers

Command _____
Ombudsman/Key Volunteer _____
Navy-Marine Corps Relief _____


































Careline _____
Phone number _____
Red Cross _____

“Keeping in Touch”

Military members and families spend a lot of time apart. Whether it’s a spouse, parent, or relative at sea, a family can still remain close. Discussing communication expectations — phone calls and letter writing — can make the difference in a deployment being difficult or manageable. Take a moment to review options for “Keeping in Touch!”

DEPLOYER
AS A COUPLE
SINGLES

BEFORE

- | | |
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